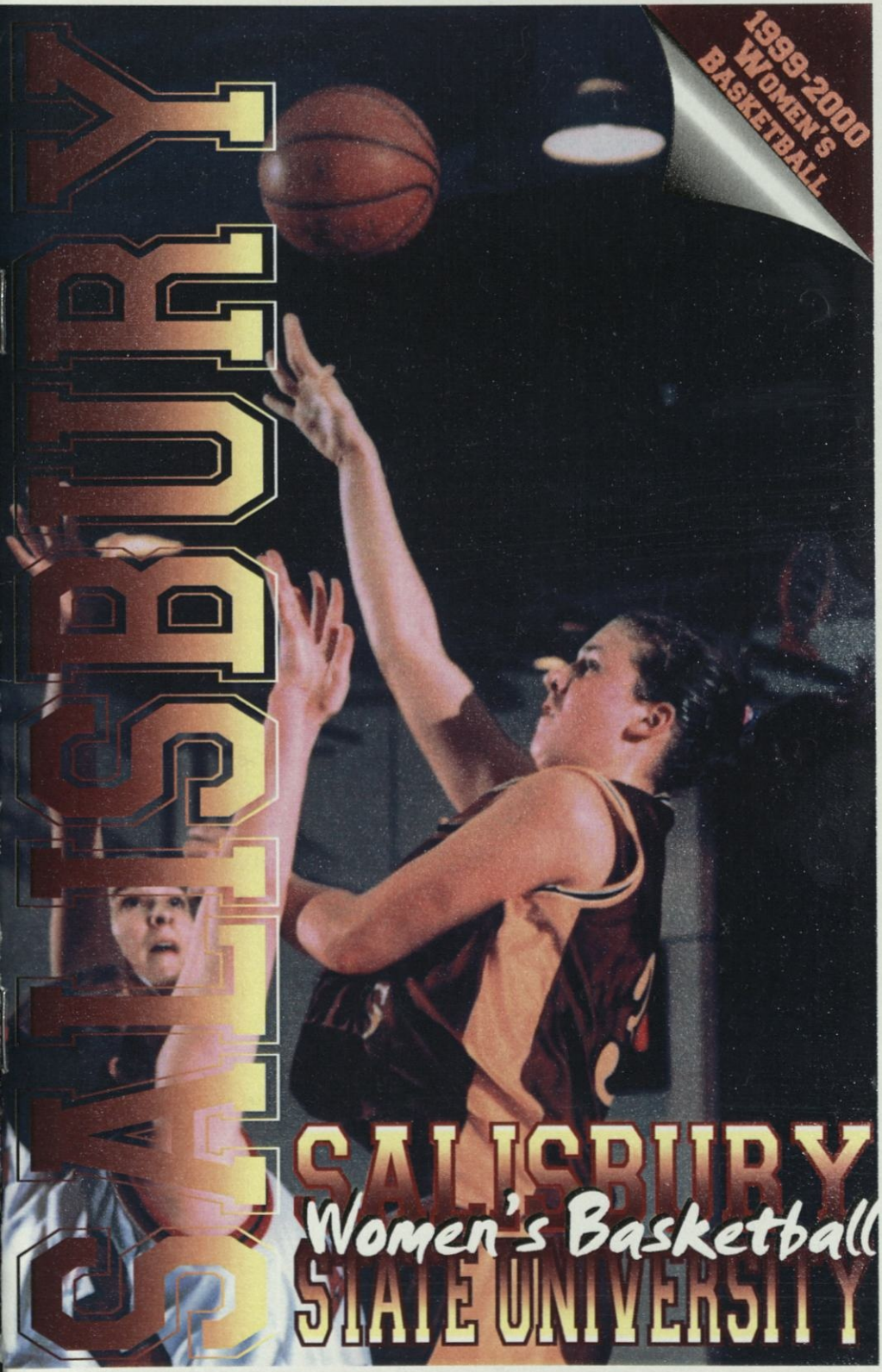

1999-2000
WOMEN'S
BASKETBALL
SALISBURY
SALISBURY
Women's Basketball
STATE UNIVERSITY

SSU at a glance

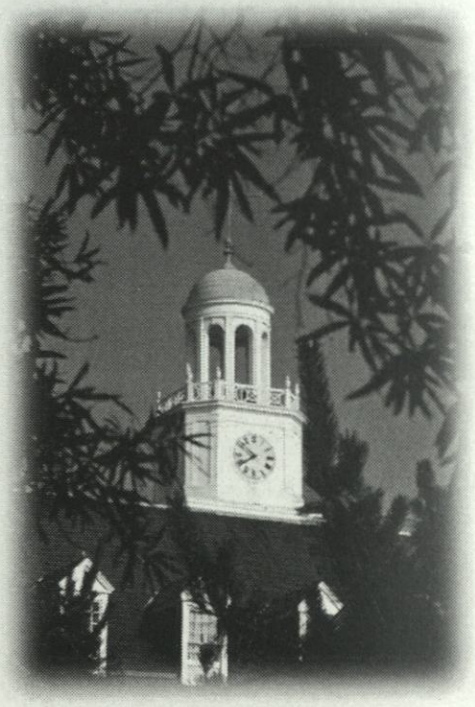
The resources of a University ...
6,000 students from 36 states and 50 foreign countries
29 undergraduate and 8 graduate programs
200 full-time tenure-track faculty, 85 percent with terminal degrees, including National Endowment for the Humanities scholars and Fulbright professors.
NCAA Division III Athletics, 9 men's, 10 women's intercollegiate teams; 22 intramural sports

... with small-school opportunities.
Approachable faculty (17:1 student/faculty ratio)
Honors program with dedicated faculty at the Bellavance Honors Center. Ten residence complexes including traditional, co-ed, suite and apartment styles.

The security of state support ...
1999-00 tuition, room, board and fees: $9,746 per year for Maryland residents; $14,140 per year out-of-state.
A library with over 800,000 volumes, periodicals, microforms and databases including word processing and computer labs. Access to collections throughout the country.

... with the benefits of private funding.
Altogether, SSU awards nearly $1 million in academic scholarships each year. More than $24 million in private endowments supports some of those scholarships and provides for some of the finest educational programs.

In an ideal–and idyllic–location:
Salisbury, MD, is 30 miles west of the Atlantic Ocean and Ocean City, MD, and 20 miles east of the Chesapeake Bay; 2 hours from Baltimore, Washington, D.C. and Wilmington, DE. The campus is 2 1/2 hours from Norfolk, VA, and Philadelphia, PA, and 4 1/2 hours from New York.



Come see us–in person, or in cyberspace. We'd love to see your smiling face, but if you can't get here, check out our Web site.
We're at **http://www.ssu.edu.**

SSU's campus is in an attractive, residential neighborhood of stately homes on sculpted lawns, less than one-half mile from the banks of the Wicomico River. The campus includes 34 buildings on 125 landscaped acres. Students walk from one end of campus to the other in about 5 minutes.

Head Coach Bridget Benshetler

Now in her 10th season as the Sea Gulls' head coach, Bridget Benshetler has guided the Salisbury State University women's program to its greatest accomplishments. Under her leadership, the Gulls have registered five consecutive winning seasons and earned two invitations to the NCAA Championship Tournament. Benshetler's teams have won 88 games over the last five seasons, including a school-record 21-7 mark and the first ever appearance in the NCAA Tournament in 1995.

Benshetler guided her 1998-99 team to an 18-8 overall record, including winning streaks of six and five games. Two members from that team, Amy Cooke and Jessica Latour, were selected to the all-conference first team. More importantly, the entire '98-'99 squad was recognized as was one of the top academic teams in the country. SSU posted a cumulative team grade point average of 3.463, the 10th highest among all NCAA Division III teams in the nation.

Since joining the Capital Athletic Conference in 1994, Salisbury State has won 51 of 70 (.728) regular season games and advanced to the CAC Tournament championship game twice. In recognition of her efforts, Benshetler was named 1994-95 Coach-of-the-Year in the Capital Athletic Conference. She has a career record of 127-103 entering the 1999-2000 season.

A highly-motivated and spirited coach, Benshetler brings an attitude of enthusiasm and energy to every Sea Gull game and practice. She is a firm believer in teaching the fundamentals of the game and constantly stresses hard work, attitude and togetherness to her squads. The Texas native also works hard in the offseason to promote women's basketball throughout the Eastern Shore, giving time to several clinics and camps designed specifically for girls in the region. She is director of the popular NIKE Girls Basketball Camp on the SSU campus each summer.

Prior to taking the reins at SSU in 1990, Benshetler initiated and piloted the women's basketball program at Penn State University, Delaware County. She also served as an assistant at West Chester University.

Benshetler is a 1986 graduate of Hofstra (NY) University, where she was a four-year member of the basketball team. She later earned her M.S. in health and physical education from West Chester University in 1990. In addition to her duties as head coach, Benshetler also serves as an instructor in SSU's physical education department.

The Sea Gull Coaching Staff (left to right), Calvin Burrell, Bridget Benshetler, Kelly Whitmore, Dean Wootten.

1999-2000 Season Preview

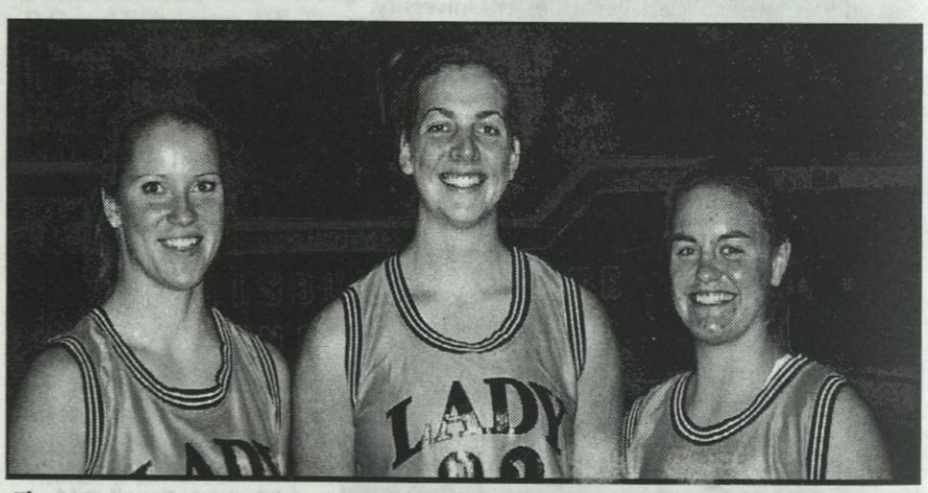
The Sea Gulls return three starters and nine letterwiners from last year's 18-8 squad which advanced to the semifinal round of the Capital Athletic Conference Tournament. The trio of forward **Lisa Neylan**, forward **Elisabeth Barfuss** and guard **Jaime Kohlenstein** is expected to lead the Gulls, but SSU must replace two first-team all-conference backcourt players in Amy Cooke and Jessica Latour. Cooke finished her career ranked third in NCAA Division III all-time assists, while Latour was SSU's leading scorer the past three years.

Neylan, a 6'0" junior, is one of the top returning frontcourt players in the conference. She averaged 13.2 ppg and 9.0 rpg last year, with 11 double-double games. She was the team's leading rebounder in 16 of 26 games last season and the leading scorer seven times. Neylan is joined in the frontcourt by fellow junior **Barfuss,** who was the team's second leading scorer (14.0 ppg) and rebounder (6.5 rpg) last year. She led the Gulls in scoring five times, including a career-best 30 points in a key early-season victory over Christopher Newport.

Sophomore **Kohlenstein** saw action in 22 games last year while averaging 6.7 ppg and 5.0 rpg. The versatile player could see action in a number of different positions this season. Junior defensive specialist **Michele Deschu** (2.2 ppg), and junior **Sara Wright** (2.7 ppg, 2.0 apg), the top backup at point guard last season, are the leading candidates to start in the backcourt.

Key reserves **Jessica Baker** (5'9" forward), **Sara Scangarello** (5'10" forward), and **Kelly Palmer** (5'7" guard) all saw significant action last year. Freshmen **Amy Campion** (6'0" guard/forward) and **Kristin Samm** (6'0" center) are the top newcomers and should contribute significantly.

"Losing Amy (Cooke) is like the Cowboys losing Troy Aikman," said Head Coach **Bridget Benshetler**. "However, we have a lot of confidence in our returning point guards as well as freshman Amy Campion, who can play any position on the floor. We will continue to push the ball upcourt this season and apply pressure as always. Our bench will also be utilized extensively as part of our philosophy to play as many players as possible."

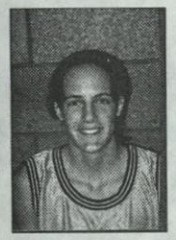


The 1999-2000 team captains, pictured (l-r), Elisabeth Barfuss, Lisa Neylan and Sara Wright.

Players to Watch

Elisabeth Barfuss
Forward 5-10 Junior
Dale City, VA
A talented forward who could emerge as one of the top players in the conference this season...Has had a significant impact in each of her first two seasons and will take on greater responsibility as a leader this year...Finished second on the team in both scoring, 14.0 ppg, and rebounding, 6.5 rpg, last year after averaging 9.1 ppg and 4.0 rebounds as a freshman...Has played in all 52 games in the past two seasons...Started every game last year after starting 15 times as a freshman...Has an excellent work ethic and works exceptionally hard throughout the offseason...Serving her first season as a team captain.

Michele Deschu
Guard 5-5 Junior
Trenton, NJ
One of the team's top reserves in each of her first two seasons who could move into the starting unit this year...Will continue to play a significant role as a starter or a reserve...Considered to be one of the squad's best defensive players...Has played in 51 of 52 career games, with 14 starts over the past two seasons...Averaged 2.2 ppg last year and 2.1 rpg...An excellent team player who will fill any void...Finished second on the team in steals as a freshman with 41...Can score from behind-the-arc and should increase her scoring output this year.



Jaime Kohlenstein
Guard 5-8 Sophomore
Harrisonburg, VA
A key contributor to the team's success as a freshman during the 1998-99 season who will play an even bigger role this season...Has an excellent all-around game and is versatile enough to see action in both the frontcourt and the backcourt...Averaged 6.7 ppg and 5.0 rpg while seeing action in 22 games last year...Started in five games...Led the team in scoring with 17 points in the victory over the College of Notre Dame...A good outside shooter who also has the ability to effectively drive to the basket.

Lisa Neylan
Center 6-0 Junior
Trenton, NJ
SSU's leading frontcourt player who should be a candidate for all-conference honors in 1999-2000...Has been a starter since her first game...Averaged 13.2 ppg and a team-leading 9.0 rebounds last year...Has the ability to increase both of those averages this season...Registered 11 double-double games last year and was the team's leading rebounder in 16 of 26 games...Led the Sea Gulls and finished third in the Capital Athletic Conference in rebounds with 11.1 per game as a freshman...Also finished third on the team in scoring that season with 11.1 ppg...Has outstanding speed, endurance and athleticism for her size...A team captain.

Sara Wright
Guard 5-5 Junior
Midlothian, VA
Moves into the starting lineup this season after serving as the team's backup point guard last year...Has the ballhandling ability, passing skills and court vision to provide the Sea Gulls with good leadership at the position...Also possesses a consistent outside shot...Finished fourth on the team in three-point field goals last year with 12...Played in all 26 games during the 1998-99 season, averaging 10 minutes per game...Averaged 2.7 ppg and finished third on the team in assists with 44...Serving as one of the team captains.

1999-2000 Sea Gull Roster

No	Name	Pos	Yr	Hgt	Hometown	High School
10	Sara Wright	G	Jr	5-5	Midlothian, VA	Midlothian
12	Michele Deschu	G	Jr	5-5	Trenton, NJ	Hamilton West
14	Dawn Joyce	G	So	5-5	Lester, PA	Cardinal O'Hara
20	Heather Benson	G	Fr	5-6	Rockville, MD	Richard Montgomery
21	Jessica Baker	F	So	5-9	Middletown, MD	Middletown
22	Elisabeth Barfuss	F	Jr	5-10	Dale City, VA	Hylton
23	Kristin Samm	C	Fr	6-0	Derwood, MD	Magruder
24	Jaime Kohlenstein	G	So	5-8	Harrisonburg, VA	Harrisonburg
25	Sara Scangarello	F	So	5-11	Medford, NJ	Shawnee
30	Kelly Palmer	G	So	5-7	Frederick, MD	Linganore
32	Lisa Neylan	C	Jr	6-0	Trenton, NJ	Steinert
33	Amy Campion	F	Fr	6-0	Bowie, MD	Archbishop Spalding
42	Lexa Turner	G	Fr	5-7	Harrisonburg, PA	East Pennsboro

Head Coach – Bridget Benshetler (10th year)

Assistants – Calvin Burrell, Kelly Whitmore, Doug Wootten

Captains – Elisabeth Barfuss, Lisa Neylan, Sara Wright

Sea Gull Quick Facts

Location	Salisbury, MD
Founded	1925
Enrollment	6,000
President	Dr. Joel Jones (interim)
Colors	Maroon and Gold
Nickname	Sea Gulls
Affiliation	NCAA Division III, ECAC
Conference	Capital Athletic Conference (CAC)
Home Arena	Maggs Center
Capacity	2,000
Athletic Director	Dr. Michael P. Vienna
Athletic Dept. Phone	410-548-3503
Sports Information Director	G. Paul Ohanian
SID Phone	410-543-6016
SID Fax	410-677-5025
Head Coach	Bridget Benshetler
Alma Mater	Hofstra '86
Record at School, Years	127-103 (10th year)
Overall Record	Same
Coach's Phone	410-543-6003
Coach's E-mail	babenshetler@ssu.edu
Assistant Coaches	Calvin Burrell, Kelly Whitmore, Dean Wootten
1998-99 Record	18-8 (10-4 CAC)
Lettermen Returning/Lost	10/4
Starters Returning	3
Captains	Elisabeth Barfuss, Lisa Neylan, Sara Wright

Team Records-Single Game

Most Points Scored	109 vs Coppin State	12-6-74
Fewest Points Allowed	12 vs Coppin State	12-6-74
(before 1974)	0 vs Villa Julie	3-3-62
Largest Margin of Victory	97 points vs Coppin State	12-6-74
Fewest Points Scored	33 vs Towson State	1-24-78
(before 1974)	12 vs Bridgewater	2-12-65
Most Field Goals Made	50 vs Coppin State	12-6-74
Best Field Goal Percentage	.621 vs Stockton State	2-22-86
Most Free Throws Made	36 vs Wesley	1-19-98
Most Free Throws Attempted	49 vs Catholic	3-1-85
Best Free Throw Percentage	.917 (11-12) vs Stockton	2-22-86
Most 3-Point Field Goals Made	10 vs. West Chester	2-4-92
Most 3-Point Field Goals Attempted	34 vs York (PA)	2-21-89
Best 3-Point FG Percentage	.750 (6-8) vs Lebanon Valley	12-3-89
Most Rebounds	77 vs. Jersey City State	11-24-91
Most Assists	32 vs. Rutgers-Camden	2-19-86
Most Steals	39 vs. Jersey City State	11-24-91
Most Blocked Shots	9 vs. Frostburg State	1-21-86

The Recordbook

Individual Records

Most Points

Game	40	Jessica Latour vs. Gallaudet	2-26-97
	40	Dawn Webb vs. Shenandoah	1-28-89
Season	597	Dawn Webb	1988-89
Career	1503	Dawn Webb	1985-89

Most Rebounds

Game	32	Kim Roth vs. Lynchburg	12-16-93
Season	480	Dawn Webb	1988-89
Career	1329	Kim Roth	1991-95

Most Assists

Game	16	Amy Cooke vs. Catholic	2-17-99
Season	218	Amy Cooke	1998-99
Career	731	Amy Cooke	1995-99

Most Field Goals Made

Game	17	Josie Harper vs. UMES	1-18-83
Season	239	Dawn Webb	1988-89
Career	620	Amy Fenzel	1991-96

Most Free Throws Made

Game	14	Jessica Latour vs. Wesley	1-19-98
	14	Sarah Jones vs. Kean	1-7-94
Season	118	Dawn Webb	1988-89
Career	326	Dawn Webb	1988-89

Most Three-Point Field Goals Made

Game	7	Gini McDowell vs. West Chester	2-3-92
	7	Jen Boone vs. Cabrini	1-25-92
Season	50	Sandy Jankevicius	1989-90
	49	Jen Boone	1991-92
Career	108	Amy Cooke	1995-99

Most Steals

Game	12	Vicki Miller vs. Shenandoah	1-16-91
	12	Jeannie Daly vs. Jersey City St.	11-24-91
Season	144	Vicki Miller	1990-91
Career	368	Vicki Miller	1987-91

Career Scoring Leaders

Name	Years Played	Points
1) Dawn Webb	1985-89	1503
2) Amy Fenzel	1991-96	1477
3) Kim Fiedler	1983-87	1456
4) Myra Sturgis	1984-88	1394
5T) Josie Harper	1979-83	1293
5T) Kim Roth	1991-95	1293
7) Jen Boone	1989-93	1210
8) Sandy Jankevicius	1986-90	1198
9) Jessica Latour	1996-99	1188
10) Gail Tatterson	1973-77	1168
11) Amy Cooke	1995-99	1138
12) Kristi Kauffman	1993-96	870
13) Sara Marvel	1983-85	790
14) Diana DeJesus	1982-86	738
15) Vicki Miller	1987-91	733
16) Barb King	1978-82	731
17) Margie Knight	1975-79	704

Career Rebound Leaders

Name	Years Played	Rebounds
1) Kim Roth	1991-95	1329
2) Dawn Webb	1985-89	1254
3) Amy Fenzel	1991-96	991
4) Josie Harper	1979-83	914
5) Myra Sturgis	1984-88	839
6) Gail Tatterson	1973-77	567
7) Cindy Daugherty	1976-80	560
8) Lisa Neylan	1997-99	529
9) Kim Fiedler	1983-87	488
10) Sandy Jankevicius	1986-90	481
11) Terry Neville	1975-78	480
12) Barb King	1978-82	474
13) Pam Hopkins	1980-83	441
14) Sara Marvel	1983-85	440
15) Jeannie Daly	1989-92	422

1999 All-CAC First Team

Ronda Miller, Gallaudet

Amy Cooke, Salisbury State

Jessica Latour, Salisbury State

Erica Pearson, St. Mary's

Touria Ouahid, Gallaudet

CAPITAL ATHLETIC CONFERENCE

1999-2000 Sea Gull Schedule

Date	Opponent	Site	Time
Nov. 19	Randolph-Macon Tournament	Ashland, VA	
	Salisbury State vs. Roanoke		6:30 p.m.
	Marietta vs. Randolph-Macon		8:30 p.m.
Nov. 20	Marietta vs. Roanoke		1 p.m.
	Salisbury State vs. Randolph-Macon		3 p.m.
Nov. 23	CHRISTOPHER NEWPORT	MAGGS CENTER	5:30 p.m.
Dec. 1	GALLAUDET *	MAGGS CENTER	5:30 p.m.
Dec. 3	SALISBURY OPTIMIST GULL CLASSIC	MAGGS CENTER	
	Savannah A&D vs. Wesley		1 p.m.
	Salisbury State vs. Frostburg State		6 p.m.
Dec. 4	Consolation & Championship Game		1/6 p.m.
Dec. 7	Marymount *	Arlington, VA	6 p.m.
Dec. 9	Goucher *	Towson, MD	6 p.m.
Jan. 4	College of New Jersey	Trenton, NJ	6 p.m.
Jan. 7	King's College Tournament	Wilkes-Barre, PA	
	SSU vs. Gwyneed Mercy		6 p.m.
	King's vs. Cabrini		8 p.m.
Jan. 8	Consolation & Championship Game		1/3 p.m.
Jan. 11	Notre Dame (MD)	Baltimore, MD	7 p.m.
Jan. 15	MARY WASHINGTON *	MAGGS CENTER	2 p.m.
Jan. 17	Wesley	Dover, DE	6 p.m.
Jan. 19	CATHOLC *	MAGGS CENTER	5:30 p.m.
Jan. 22	St. Mary's *	St. Mary's City, MD	6 p.m.
Jan. 25	Gallaudet *	Washington, D.C.	7 p.m.
Jan. 29	YORK *	MAGGS CENTER	2 p.m.
Feb. 1	GOUCHER *	MAGGS CENTER	5:30 p.m.
Feb. 5	Mary Washington *	Fredericksburg, VA	2 p.m.
Feb. 9	MARYMOUNT *	MAGGS CENTER	5:30 p.m.
Feb. 12	ST. MARY'S *	MAGGS CENTER	5:30 p.m.
Feb. 16	Catholic *	Washington, D.C.	6 p.m.
Feb.19	York *	York, PA	4 p.m.
Feb. 22	CAC Tournament - Quarterfinals	TBA	
Feb. 24	CAC Tournament - Semifinals	TBA	
Feb. 26	CAC Tournament - Championship	TBA	

* Capital Athletic Conference game

Home Games in CAPS

SSU's Athletics Philosophy

Salisbury State University, a member of the National Collegiate Athletic Association's (NCAA) Division III, offers 19 intercollegiate sports for men and women. In addition to NCAA membership, SSU competes as a member of the Capital Athletic Conference (CAC) and the Eastern College Athletic Conference (ECAC).

As a member of the NCAA's Division III, Salisbury State places the highest priority on the overall quality of the educational experience. In doing so, it seeks to strengthen the integration of objectives and programs in athletics with academic and developmental objectives, and to assure the integration of athletes with other students.

SSU places special importance on the impact of athletics on the participants, with emphasis on the internal constituency (students, alumni and special friends) rather than on the general public and its entertainment needs.

The SSU athletics program is further characterized by the following principles:

- Participants receive the same treatment as other students. They have no unique privileges in admission, academic advising, course selection, grading, living accommodations or financial aid. Similarly, athletes are not denied rights and opportunities that would be available to them as non-athletes.
- Sports for men and women are given equal emphasis and the desired quality of competition is similar in all sports.
- Students are supported in their efforts to reach high levels of performance by providing them with adequate facilities, competent coaching and appropriate competitive opportunities with students from similar institutions.
- SSU strives to make the student-athlete's participation in intercollegiate athletics an enriching experience, and holds genuine concern for each participant's welfare. The intercollegiate program's foremost goal at all times is to supplement and enrich the first priority of the University, which is academic accomplishment.

NCAA®

Salisbury
STATE UNIVERSITY

Department of Intercollegiate Athletics
1101 Camden Avenue
Salisbury, MD 21801-6860